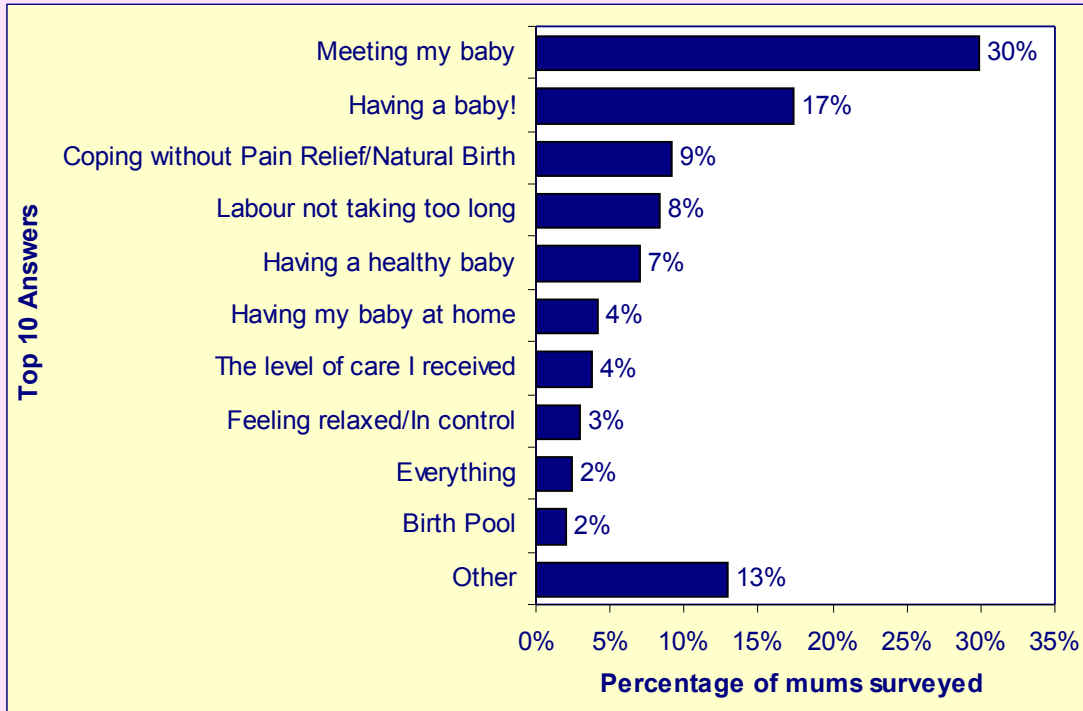


Survey Question:
 “What was the **best thing** about your birth experience?”

The “Top 10” most popular answers are:



Info on the survey:

- Nearly half of mums surveyed said the best thing about childbirth was meeting their baby or just having a baby at the end of the experience.
- Statistics from the Department of Health (2003/04) estimated that 46% of deliveries were ‘normal deliveries’ defined as those without surgical intervention, use of instruments, induction, epidural or general anaesthetic
- For a first baby, the average length of the first stage of labour is 12 to 14 hours, the second stage 1 to 2 hours and the third stage 5 to 60 minutes. Women expecting a subsequent baby can expect the first stage to last around 6 to 8 hours and the second stage lasting from 5 to 60 minutes.

Useful Links (see the ‘more info’ tab for all links)	
Link Type	Website Address
Natural birth	www.activebirthcentre.com
Natural birth	www.birthchoiceuk.com
Natural birth	www.homebirth.org.uk
Natural birth	www.hypnobirthing.co.uk

Natural birth	www.naturalchildbirth.co.uk
Natural birth	www.thegreenparent.co.uk/pregnancyandbirth.htm
Water birth information	www.thegoodbirth.co.uk/the_benefits_of_a_waterbirth?gclid=CJW3s-S44okCFSYbEAodBQLeFg
Water birth information	www.babyworld.co.uk/information/birth/waterbirth/main.asp
Water birth at home	www.homebirth.org.uk/water.htm
Water birth pool hire	www.waterbirth.co.uk/
Water birth pool hire	www.aquabirth.co.uk/

Survey Stats	
Date of survey	July 2006
Number of mums surveyed	250
Type of mums surveyed	50% with one child; 50% with more than one child